

Anat Ben-Zvi, Ph.D.

Description:

I am a licensed clinical psychologist who specializes in the treatment of eating issues. I offer individual psychotherapy as well as group therapy and use a team approach to address major concerns, making sure that all medical and nutritional issues are attended to. I truly appreciate how difficult it can be to let go of an eating disorder, and understand that there is often major ambivalence about the prospect of recovery. Yet, I am committed to the process of recovery, despite its difficult and challenging moments. I have seen people recover from eating disorders, and have witnessed their unique journeys as they discovered new ways of coping and had important realizations about themselves and their relationships. I use several scientifically validated modes of therapy (Cognitive therapy, Dialectical-behavioral therapy, psychodynamic therapy) to help people achieve their goals. I also use worksheets that I have created to facilitate the process.

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